

- Title:** **Mental Health Awareness for Adults**
- Audience:** This course is for anyone interested in developing their Awareness of Mental Health and Wellbeing.
- Description:** An introduction course designed to increase mental health awareness and give an understanding of how to look after wellbeing & challenge stigma.
- Objectives:** By the end of this course you will be able to:
- To improve and maintain mental wellbeing
 - Develop mental wellbeing awareness within the workplace recognise key triggers to prevent mental health from worsening
 - Raises awareness and mental health literacy
 - Reduces stigma around mental ill health
 - Boosts knowledge and confidence in dealing with mental health issues
 - Promotes early intervention which enables recovery
- Courses:**
- | Dates | Times |
|------------------|-------------------|
| 8 October 2022 | 10.00am – 15.00pm |
| 16 November 2021 | 10.00am – 15.00pm |
| 14 January 2022 | 10.00am – 15.00pm |
| 8 February 2022 | 10.00am – 15.00pm |
| 21 March 2022 | 10.00am – 15.00pm |
- Venue:** Via Zoom (Link will be sent once enrolled on the course)
- Facilitator:** Re-Align Futures
- Price:** No Charge
- Booking Info:.** Please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name and your organisation name, address and contact details
- Cancellation:** To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk
- You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-
- 2 weeks or more – No Charge
 - 1-2 weeks prior - £25.00
 - The week of the training course Full Cost
 - Non-attendance Full Cost

IMPORTANT -If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00